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4-H Club: Meal Planning "A" Plan

Agricultural Extension Service, South Dakota State College

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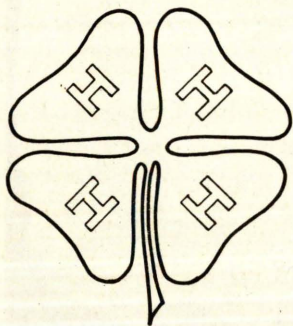
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EXTENSION CIRCULAR 445
JANUARY 1949

4-H CLUB
MEAL PLANNING
"A" PLAN



AGRICULTURAL EXTENSION SERVICE
SOUTH DAKOTA STATE COLLEGE, BROOKINGS
U. S. DEPARTMENT OF AGRICULTURE COOPERATING



A good cook is neat. She uses utensils that suit the job to be done.

Meal Planning*

"A" Plan

Goals for "A" Plan

The A Plan is designed to assist with the planning and preparing of dinners.

Eating properly planned and prepared meals is essential to the health of the individual. Girls who are taking A plan know the Basic Seven Food Groups, so while working with dinners, you must keep in mind the Basic Seven, to see that you and your family have each food group the number of times recommended each day.

There is no better way of learning to like foods than when one is learning to prepare them. A good cook enjoys eating good food.

This circular will help you plan and prepare foods that are ordinarily served for dinners. The Goals for "A" Plan meal planning project are these:

Goal 1—To Do Your Part To Keep Our Nation Healthy

1. Check health record for one week at beginning and one week at close of club year. (Record book.)
2. Review the basic seven food groups.
3. Review the vitamins and minerals necessary for health.

Goal 2—To Prepare Food Attractively and Save Its Food Value

1. Prepare each of the following *five* or more times for luncheon, dinner or supper, using *three* methods of preparation:

milk dish
eggs

vegetables
cheese

meat or fish
dessert

fruit
salad

beverage
soup

2. Choose to do one of the following units (or one-half of each):

Baking unit: Bake each *ten* or more times: Yeast bread or rolls (whole grain or enriched); quick bread (variety of cereals); cakes or cookies.

Food preservation unit: Can or freeze 40 or more containers of fruit, vegetables, or meats (some of each group).

3. Make collection of recipes you have tried and found reliable.

Goal 3—To Be a Planner In Preparing and Serving Meals

1. Learn to use the Russian style of table service.
2. Learn to clean and care for silverware and wash dishes properly.
3. Plan, prepare and serve five family dinners or suppers. Plan other meals for the day.
4. Work with parents to make family food supply plan for one year and help care for family garden.
5. Buy and keep account of family groceries for one or more weeks.

Goal 4—To Fight Food Waste By Proper Care and Storage

1. Learn to care for and store properly all of the following:

fruit
milk

eggs
canned foods

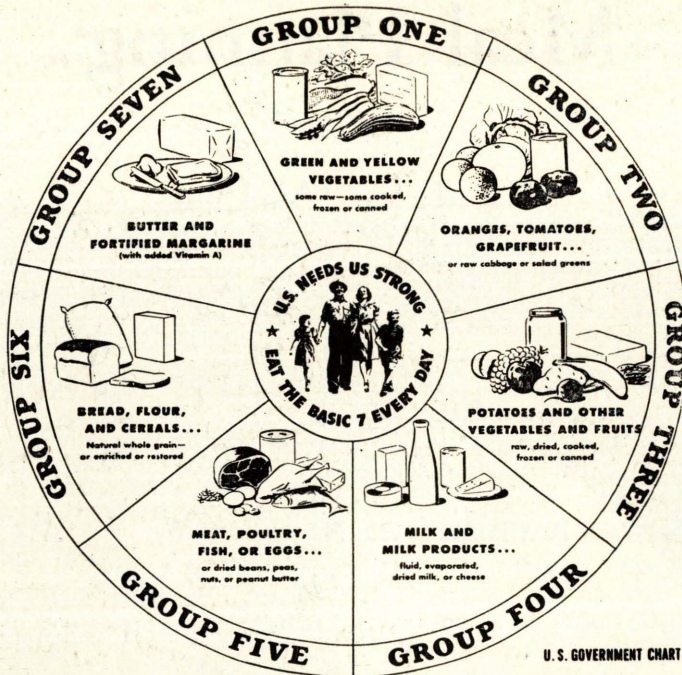
cereals
flour

fresh vegetables
bread

dried foods
butter

meat

Material for publication first prepared by Anna M. Wilson, formerly Extension Nutritionist at South Dakota State College. It was revised and adapted for 4-H club use by Mary Frances Lyle, assistant in club work.



**IN ADDITION TO THE BASIC 7...
EAT ANY OTHER FOODS YOU WANT**

Eating Right Keeps You Healthy

To help you know what foods you should eat to be healthy, nutritionists have divided foods into seven groups. They tell us to eat one food from each group every day. They call their classification of food—THE BASIC SEVEN FOOD GROUPS.

Study this chart carefully, then close your book and see if you can remember the foods in each group. If you can, you will have learned one of the guides which you should use every day.

Eating right keeps you healthy, and a healthy boy or girl has the qualities everyone wants—liveliness, strength, vigorousness, enthusiasm and interest in things worth while. Healthy girls and boys are beautiful in appearance too,

because their eyes are clear and bright and their hair smooth and glossy.

Perhaps you wonder how nearly right you have been eating and you would like to score yourself. Check yourself for the meals you ate yesterday on the food selection scorecard. Repeat this checking of your daily meals toward the close of your project and learn what progress you have made in forming good food habits.

What Is Meant By Food Value

Just as a cake contains several different foods such as sugar, flour, eggs, and fat, so does most food contain several different elements. These elements are what our bodies must have to stay alive and to grow. We call these elements the food value and measure the worth of a food to us, in terms of the number and quantity of

the food elements which it contains.

The names of the food elements are carbohydrates, protein, fat, minerals and vitamins. It is interesting to learn how each of these functions in the body as it helps us to understand better and to appreciate more, the food we eat.

My Food Selection Score

Basic Seven Food Groups	At the Beginning Yes or No*	My Score	At the End Yes or No
1. Leafy, yellow or green vegetables, two or more servings, one raw			
2. Tomatoes, oranges, grapefruit, or cantaloupe, one or more servings			
3. Potatoes and other vegetables or fruits, two or more servings			
4. Milk, children 1 quart, adults 1 pint or more, expectant or nursing mothers 1 quart or more.			
5. Eggs, one or at least four per week; meat, poultry, fish, cheese, or dried beans, one serving			
6. Cereals, one or more servings of whole-grain cereals and "enriched" or whole-wheat bread at every meal.			
7. Butter			
What I should eat to make my score 100		My score	

*"Yes" in each group equals a total score of 100. Deduct 15 points for each "No."

CARBOHYDRATES: Starch and white sugar are pure carbohydrates. White flour, macaroni, spaghetti, breads, syrups and candy are mostly carbohydrates. Their chief purpose is to furnish energy which is used in keeping the body warm and giving it power for activity.

PROTEIN: For our body to build muscle, skin, blood, hair and nails, it must have something for material from which to build it. The building material used is called protein and is found in meat, eggs, cheese, poultry, fish, peanut butter, dried beans and peas.

FATS: Fats are used for energy the same as carbohydrates but are two and a half times as rich.

MINERALS: Things that are rigid and hard, like stones, contain minerals which give that strong quality. In like manner, our bodies contain minerals too, because there are parts of

it which are rigid and firm.

Many of the minerals which our body needs are supplied by our food rather easily, but there are four minerals of which we might not have enough if we did not choose the right foods. These minerals are: Calcium, phosphorus, iron and iodine.

VITAMINS: Vitamins are an interesting study because the discovery of them and discoveries that are still being made about them, read like adventure stories. Alphabet letter names were given to the different vitamins because people did not know what they were. Today, chemists can build many of the vitamins with chemicals and that is why some of the vitamins have both a chemical and an alphabet name. The vitamins include: Vitamin A, B₁ or Thiamine, B₂ or Riboflavin, Niacin, C, D, E and K.

Learn to Plan Interesting Meals—A Plan

Variety is the secret of success in preparing meals that people will enjoy eating. Using the rule that, "Every meal should have something hot and something cold, something crisp and something soft, something moist and something dry, something sweet and something salty" will help you have variety in the meals you plan.

You will want to include in your dinner the foods people should eat every day. To be sure you are doing this, check the menu you have planned by the Basic Seven Food Group. You should find you have all or all but one of the food groups represented in your menu.

Some additional points to remember in meal planning are:

1. Do not plan too elaborate a menu. It is better to have a few well cooked, attractively served dishes than many dishes some of which are not attractive or poorly cooked. Also, too many bowls and platters on the table detract from its appearance.

2. Do not choose only foods with bland flavor for a meal. Example: Scalloped eggs, biscuits, corn starch pudding. Or serve more than one strong flavored food at a meal such as onions, salmon, or strong cheese.

3. Include some foods that are hard and some that are soft so that there will be variety in chewing.

4. Do not have more than one fried food at a meal.

5. Varying the size piece in which the food is served helps to add interest. Example: at one meal serve the carrots whole, at another have shredded carrots.

6. Prepare the same foods by different methods to keep the family's interest in it.

7. When planning the meal, visualize how it will look on the plate. Include one or more foods which are colorful.

8. Season food well. Some foods must be seasoned to taste. Remember, taste with the tasting spoon, not the stirring spoon.

Writing Menus

There are a few rules to keep in mind when writing menus; these are:

1. List the foods in the order they will be eaten.

2. Use capitals for all words except prepositions and conjunctions.

3. Write the main dish of a course across the center of the sheet, or space in which the menu is being written. If only one dish accompanies the main dish write the name of it immediately below the main dish. If more than one food accompanies the main dish balance the names of these foods on the sheet.

4. The beverage is written at the bottom of the menu even though it is served all through the meal.

Recipes—The Foundation of Good Cooking

As you learn to cook you will find many tested recipes well worth keeping. Start your collection of recipes now but choose carefully the ones you include. A good recipe will have the following points:

1. Accurate measurements of each ingredient.

2. Directions for combining ingredients or preparing the dish.

3. Time and temperature for baking or cooking.

4. Amount of number of servings.

A Good Cook Practices Neatness, Cleanliness and Safety Measures

She does this by observing the following:

1. She wears a wash dress or apron and comfortable low-heeled shoes.

2. Washes hands and cleans fingernails before handling food.

3. Wears no rings.

4. Has her hair neatly combed and fastened down with a ribbon or net.

5. Keeps her work table, stove and sink clean and orderly.

6. Plans her work carefully. First reads her recipe, then collects her utensils and materials and plans her order of work so as to save time, steps, fuel and dishes.

7. Uses a different spoon for stirring and tasting and when tasting, pours the food into the tasting spoon with the stirring spoon.

8. Handles hot dish with pot holders, not dish towels.

9. Does not waste food.

10. Follows the recipe exactly and measures accurately.

11. Puts to soak or washes a utensil when through with it.

12. Leaves table neat and orderly when cooking is done. Sweeps floor if necessary.

She avoids hazards in the kitchen by:

1. Keeping the handles of pans turned inward from the edge of the stove so that children cannot reach them nor grown people brush against them.

2. Tips the far side first when removing a lid from a hot pot or pan.

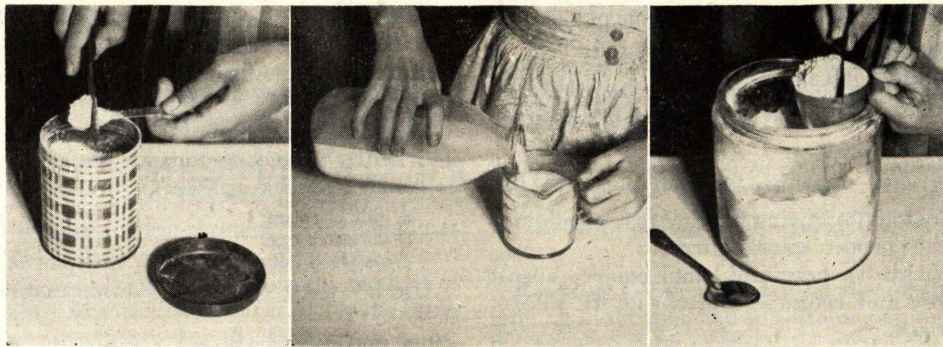
3. Never use kerosene to start a fire.

4. Does not pour water or wet food into hot grease as this causes spattering which may result in painful burns.

5. Keeps small children out of the kitchen when handling hot jars, hot jellies, preserves and while canning.

6. Keeps matches in a metal or glass container and out of reach of small children.

7. Does not handle electric cords when they are wet, or when standing on the wet floor.



Accurate measurements of all ingredients helps to make good products.

Accurate Measuring Necessary For Success In Cooking

Special measuring tools are:

Measuring spoons—1 tbsp., 1 tsp., $\frac{1}{2}$ tsp., $\frac{1}{4}$ tsp.

Liquid Measuring cup—cups project above the cup measure to avoid liquid spilling.

Dry Measuring Cup—holds only level measurement, may be $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$ or 1 cup size.

Spatula or straight edge knife for leveling.

Standardized methods of measuring different foods are:

Flour: Sift flour once before measuring as flour tends to pack on standing. If graham or whole wheat flours are sifted, the bran is recombined with the sifted portion before measuring. In filling the cup, dip with the table-spoon and fill lightly into the cup until the cup is heaping full. Then level with the edge of a knife. Do not shake or tap the cup while it is being filled.

Sugar: White granulated sugar is measured the same as flour, except it is not sifted before measuring. **Brown sugar,** roll out the lumps. Press the sugar firmly into the cup and level off. Measure according to directions.

Baking Powder, Salt and Soda: Press into the measuring spoon with the knife, then level off with the straight edge.

Syrups: Place cup on a flat surface, fill completely, then cut off level with the edge of a knife. Spoonfuls are measured by cutting off level with the edge of a knife also.

Liquids: Set liquid measuring cup on a flat surface, fill to the division line indicating the portion of the cup desired. Have the cup placed on a height level with the eye if possible.

Fats: Remove fats from the refrigerator long enough before measuring for them to have become plastic. Press the fat firmly into the cup so that the air spaces are forced out. Cut off level with the edge of a knife. Dry measuring cups are used for measuring fat.

Note: The method of measuring a portion of a cup fat by partially filling the cup with water, then adding fat until the water level indicates the desired measure of fat has been added, is no longer recommended as this method does not take into consideration that there may be air spaces in the fat.

Terms Used In Food Preparation

In order to understand the directions given in a recipe, you should know the meaning of the terms used in food preparation.

Bake: To cook by dry heat, usually applied to oven-cooked food, but may be done on a hot metal, as the baking of waffles.

Blanch: To place in boiling water for a few minutes for the purpose of removing skins of certain fruits or inactive enzymes in vegetables to be frozen.

Boil: To cook in water at boiling temperature.

Braise: Brown in fat, bake in a covered dish with moisture.

Bread: To coat with egg and crumbs before cooking.

Broil: Cooking food uncovered in pan with little or no fat is pan broiling. Fat is poured off as it collects. True broiling is cooking under a flame or hot electric unit or over an open fire.

Cube: Cutting food into small pieces.

Deep Fat Fry: To cook in deep fat.

Fricassee: Sauteing in pan, then stewing or steaming.

Fry: To cook in a small amount of fat.

Mince: Chopping food into fine pieces.

Poach: Cooking of food, especially eggs, in hot liquid just below boiling.

Roast: Same as baking—used in reference to meat.

Saute: Cooking in pan with small amount of fat.

Season: Improving flavor of food by addition of salt, pepper, spice, butter, etc.

Scald: To heat milk until bubbles appear where milk comes in contact with the sides of the pan.

Scallop: To bake food which has been combined with a sauce or arranged in alternate layers with a sauce.

Simmer: To cook in a liquid below boiling temperature. The liquid usually shows slight bubbles or movement.

Stew: Cooking a long time below boiling in a small amount of water.

Steaming: Cooking in steam from boiling water.

Methods of Mixing

Stirring: Food is mixed thoroughly by a circular motion.

Beating: Food is beaten when the contents of the bowl is brought from the bottom to the top repeatedly and thereby thoroughly blends the food and encloses considerable air.

Folding In: Two foods are folded together by cutting the spoon vertically down through the foods, bringing it across the bottom and vertically up again.

Cutting In: This is a process of cutting fat into flour with one or two knives.

Creaming: Rubbing and beating fat or fat and sugar together until soft and light.

Kneading: A process of stretching and folding dough so as to include more flour or make the dough smooth.

Whipping: To mix in air by beating rapidly.

Washing Dishes

After cooking, there are always dishes to be washed and a thoughtful girl does not leave the dishes she has soiled for her mother or another person to do.

Also, after meals, there are dishes to be washed, and helping with this task or doing it alone, is one way in which girls show they are good home members.

Whenever washing dishes, strive to do the task quickly and well. Following the recommended steps in dishwashing will help you achieve this goal.

Steps in Dishwashing: 1. Put cooking pans and kettles to soak as they are emptied. Use cold water for soaking dishes which have held:

- a. milk or cream
- b. uncooked eggs
- c. uncooked flour mixtures

Use hot water for soaking dishes that have held:

- a. most cooked foods
- b. syrups or sugars

2. Scrape dishes using rubber scraper or soft paper.

3. Pile dishes neatly at the right of the dishpan.

4. Wash dishes in hot soapy water, changing the water whenever it becomes cold or dirty. Do not let soap soak in water.

5. Wash the glassware first, then the silverware. (Note: If someone in the family has a cold or infectious disease, get fresh soapy water after washing glassware, silverware and cups.)

6. Scald and dry the glassware and silverware.

7. Wash the china in soapy water, place in a drainer and scald, being particularly careful to scald the inside of the dish.

8. Wash, scald and dry the cooking utensils.

9. Put dried dishes away neatly.

10. Wipe off the stove and work table.

11. Wash sink, dish pans and dish cloth.

Occurrence of diseases, such as influenza, have been traced directly to poor dishwashing. All dishes which have come in contact with the lips will contain bacteria. For this reason, rubbing where the dish touches the lips and scalding well is a very important step in dishwashing, otherwise dishes which look clean may actually have disease bacteria on them.

Greasy cooking pans are unpleasant to wash. Wipe them out with paper, then soak in hot water to which a little soda has been added.

The stains on cooking pans should be rubbed off when washing them. Use fine steel wool for scouring aluminum and whiting or baking soda for enamelware.

Care of Silver: Careless handling of silverware often results in lasting scratches. To avoid this, wash the pieces individually, putting two or three pieces into the dishpan at once. Do

not stack pieces when draining. Wash silver immediately after the meal at which it has been used.

When cleaning silver with silver cream, apply the paste with a soft damp cloth and rub

until all tarnish is removed. Rinse in hot water and wipe dry with a soft cloth.

Silver should be stored in especially made flannelette bags or boxes in which each piece is separated from the other.

Plan The Meal Around The Meat

There are no meat bargains. Certain qualities are desirable in each kind of meat. The tenderness or toughness of meat and the method of cooking determine whether it will make tasty, nourishing dishes that the family will enjoy. The government inspected and graded meats are the best meats to buy.

Meat includes beef, veal, lamb, mutton, pork, poultry and fish. It is an important protein around which meals are planned. The kind of meat served determines somewhat the vegetable, salad and dessert to serve with the meal.

Characteristics of Various Kinds of Meat

Beef has bright red lean meat streaked with a brittle fat.

Veal has light pink, fine-grained lean meat with very little fat surrounding the larger cuts. Veal contains more connective tissue than beef.

Lamb has pinkish red fine-grained lean meat with clear white brittle fat.

Mutton has a darker red flesh with hard white fat.

Pork has a grayish pink meat, streaked with soft fat.

Care of Meat in the Home

Meat is removed at once from the paper and stored in an uncovered dish in the coldest part of the refrigerator about 40 to 45 degrees. It is not washed but wiped off with a damp cloth because washing draws juice out, decreasing the flavor of the meat. By leaving the meat unwrapped in the refrigerator the surface dries a little and this retards the growth of bacteria.

Principles of Meat Cookery

Meat is cooked by either dry or moist heat depending upon whether or not the piece being cooked contains little or much connective tissue as this tissue toughens in dry heat but forms sort of a gelatin in moist heat. In general the muscles which the animal used a great deal of in the larger amounts of connective tissue. Knowing from what part of the animal

the cut of meats comes helps you decide how to cook it.

Roasting (With no cover on the roaster), broiling in the oven and pan broiling on top of the stove are the methods of meat cookery using dry heat. Some cuts of meat which may be cooked satisfactorily by dry heat are standing rib roasts, rolled roast, pork loin roasts, good quality rump roast, leg of lamb, fresh and smoked ham, and shoulder, sirloin and T-bone steaks, good quality round steaks and lamb chops.

Braising. (Cooking in a covered roaster in the oven or in a heavy covered kettle on the surface of the stove) or cooking in water, are the methods of cooking using moist heat. Some cuts of meat that should be cooked in moist heat are shank, neck, chuck, brisket, shoulder, pork and veal chops, liver and heart.

Meat is rich in protein and protein toughens when cooked at a high temperature, for this reason low temperatures are being recommended for all methods of meat cookery.

Searing meat is no longer recommended as it has been found that searing increases the loss of juice and the extent to which the meat shrinks.

Cooking Frozen Meat

Frozen meat may be cooked by the same methods as fresh meat. It may or may not be thawed before it is cooked. There is a little loss of juice during thawing but this is less if the meat is thawed at refrigerator temperature. If frozen meat is cooked unthawed a longer cooking time is required.

Carving

Cut meat across the grain.

To carve a steak, loosen the meat from the bone by cutting along the edge of it with the point of the knife. Cut the meat into pieces one or more inches wide and include some of the tender muscles for each person.

Beef Recipes

Roast Beef: Wipe meat with a damp cloth. Place fat side up in an open roasting pan. If you have a meat thermometer, insert it into the meat according to the directions coming with the thermometer. Place the meat in an oven pre-heated to 300 degrees and maintain this temperature throughout the roasting period. (Note table for meat roasting.)

The meat thermometer is the only sure way to determine when the desired degree of doneness of roasts and thick steaks is reached. The method of allowing a certain number of minutes per pound in roasting meat is not accurate. The style of cut, the size, the amount of lean and fat, the trimming and the ripeness of the meat, influence the rate of heat penetration into a roast.

The meat thermometer must not touch bone or fat when placed in the roast. The meat thermometer is not a substitute for an oven thermometer. They are used together, one supple-

menting the other. The meat thermometer indicates the degree of "doneness" of the meat; the oven thermometer, the temperature of the oven.

Tender meat is not covered in roasting. The basting of the roast is done by placing its fat side up and, if lean, adding a layer of fat over the top.

Beef and lamb are cooked rare, medium, well-done; veal well-done; mutton and fresh pork **always well-done.**

Oven Broiled Steak: Preheat the broiler with the oven door closed, to 350 degrees, about 10 minutes or the regulator may be set to broil. Slash the fat edges in several places to prevent curling. Place the steak on the broiler rack and about three inches from the source of the heat. When the steak is nicely browned pull out the broiler pan, add salt, and turn the steak carefully with fork inserted in the fat. When brown on the other side, serve at once on a very hot platter.

Meat Roasting and Broiling Time Table

Kind of Meat	Oven Temperature	Minutes per lb.	Boil
Beef:	For cooking at low constant temperature		4 lb.—3 hrs.
rare	300 degrees	18 to 20	
medium	300 degrees	22 to 25	
well-done	300 degrees	27 to 30	
Pork:			
fresh (well-done—never rare)	350 degrees	30 to 35	Ham 25 to 30 min. per lb.
smoked	300 degrees	25 to 30	
Lamb and Mutton:			
lamb (medium)	300 degrees	25 to 30	leg—3 hrs.
lamb or mutton (well-done)	300 degrees	30 to 35	
veal (well-done)	300 degrees	25 to 30	3–5 lbs. 1–2 hrs.
Poultry:			
chicken	325–350 degrees	22 to 30	3–5 hrs.
duck; goose	325–350 degrees	20 to 25	
turkey	300 degrees	15 to 20	
Fish:			
large	325–350 degrees	15 to 20	6–10 min. per lb.
small	325–350 degrees	20 to 30	steam 10–40 min. per lb.
Heart and Tongue:			2–3 hrs.

Pan Broiled Steak: A heavy frying pan should be used and may or may not be preheated. It may be lightly rubbed with fat but this is not necessary because fat from the meat will cook out almost at once. Place the meat in the frying pan. Cook slowly on one side and then on the other, turning as often as necessary to insure even cooking. Pour off the fat as it accumulates. Do not cover the pan and do not add water. Test for doneness by cutting a gash close to the bone and note the color of the meat.

Pot Roast:

4 lbs. beef
2 t. salt
1/8 t. pepper
1/4 c. flour
1/4 c. suet, chopped fine

Dredge the meat in the seasoned flour. Brown in suet. Add a small amount of water, cover, and cook slowly three hours. Different vegetables, potatoes, carrots, onions, are cut in serving pieces and added to pot roast about 20 minutes before serving. Serve the vegetables on the meat platter.

Swiss Steak:

2 lbs. beef, 1 1/2 inches thick (chuck or shoulder)
1/3 c. flour
1 t. salt
1/8 t. pepper
2 T. fat
3 slices onion
1/2 c. water
1 c. tomato juice

Sift flour, salt and pepper together and pound meat. Dip in flour. Brown the meat in the fat. Top with onions and canned tomatoes or juice. Add water. Cover and simmer or bake at 350 degrees until the meat is tender. Serve on a platter, topped with onions and tomatoes. Serve gravy over the steak or in separate bowl.

Beef Loaf:

1 1/2 lbs. beef, ground
1/4 lb. suet or fat pork
1 1/2 T. onion, chopped fine
1 1/2 c. bread crumbs, 1/2 c. water
3/4 t. salt
1/4 t. pepper

Combine ingredients. Bake in greased loaf pan at 375 degrees 30 to 45 minutes. Serve with tomato sauce.

Tomato Sauce: Cream 2 tablespoons each of fat and flour. Add mixture to 2 cups of hot tomato juice. Season. Serve over beef loaf.



Light, airy, fluffy biscuits are an accomplishment of which any girl may be proud.

Veal Recipes

Veal Chop: Cut one inch thick. Broil in greased pan or under broiler 15 to 20 minutes. Turn until brown on both sides. Serve with butter.

Veal Birds:

1½ lbs. veal steak (½ inch thick)
2 T. salt pork, cut fine 1 T. lemon juice
½ c. bread crumbs 3 T. butter
1 egg yolk, slightly beaten 1 c. cream or milk
½ c. meat stock or milk

Combine pork, crumbs, egg, lemon juice and stock. Pound the meat thin. Cut servings and spread with mixture. Roll each piece and fasten with toothpicks. Roll in salted flour, brown in butter, add the cream and simmer, covered, until tender.

Lamb and Mutton Recipes

Lamb or Mutton Chops: Sear chops on both sides in sizzling hot frying pan. Reduce heat and cook medium or well-done about 10–35 minutes. Pour off excess fat. Serve on hot platter garnished with butter, salt and pepper and sprigs of parsley.

Roast Leg of Lamb: Leave the thin skin on the outside. Sprinkle with salt and pepper and rub with flour. Place, skin down, in a roasting pan and cover top with thin strips of bacon or salt pork. Insert meat thermometer to the center of the lean meat. Roast uncovered at 300 to 350 degrees. Serve on hot platter. Serve gravy in separate bowl. Garnish with cooked vegetables. Serve mint sauces with lamb.

Mint Sauce (No. 1)

½ c. vinegar ¼ c. lemon juice
½ c. water 2 T. sugar
½ c. chopped mint or ½ t. salt
1 t. mint flavor

Combine the first four ingredients and simmer. Strain. Add other ingredients and chill.

Pork Recipes

Roast Pork: Select a cut of ham, loin or shoulder. Rub with salt. Place fat side up in roasting pan. Cover lean spots with slices of fat pork. Insert meat thermometer to the center of the roast. Roast uncovered at 325 to 350 degrees until meat thermometer registers 185 degrees (well done). Serve on hot platter.

Certain foods are often served together. Apples may be served with pork, as fried, pickled (whole or rings), spiced, cinnamon, escalloped, dressing, jelly or sauce.

Baked Spareribs: Crack the ribs so they will be easy to serve. Wipe with a damp cloth. Sprinkle with salted flour. Roast in an uncovered pan for one hour. Serve gravy in separate dish.

Sauerkraut may be baked a half hour with the meat.

Baked Ham: Wash the ham. Place rind side up in baking pan. Insert a meat thermometer to the center of lean meat. Bake uncovered at 275 to 300 degrees until meat thermometer registers done—about 30 minutes to the pound. Thirty minutes before the ham is done, skin off the rind, cover with 1¼ cup brown sugar, stick in cloves one inch apart and pour one-half cup cider or vinegar over the ham. Baste once or twice. Serve with raisin sauce.

Time Table for Roasting Poultry

These periods are approximate since individual differences among birds will increase or decrease the minutes per pound given in the table below. For a chilled bird, increase the cooking time to 30 to 45 minutes. For an unstuffed bird decrease slightly periods given below.

Weight Ready for Oven	Oven Temperature	Cooking Time Min. per pound	Total Roasting Time
3½ to 4 lbs.	350	40 to 45	2 to 2¾ hrs.
4 to 5 lbs.	350	35 to 40	2½ to 3 hrs.
Over 5 lbs.	325	30 to 35	3 to 3½ hrs.

Poultry Recipes

Roast Chicken: Rub cavity with salt, one-eighth teaspoon per pound of bird. Place enough dressing in neck end to fill it out nicely. Fasten neck skin down to back with skewer.

Stuff body cavity with dressing; do not pack it. Fasten opening. Truss. Brush bird thoroughly with melted, unsalted fat. Cover with cloth dipped in melted fat. If strips of chicken fat available, place on top of breast and drumsticks

Put under the cloth. Place bird in shallow pan on a rack on its side, or place bird breast down in V-shaped rack and leave in this position throughout the cooking.

Roast in moderately slow oven 325 degrees, until tender, turning bird to other side when about half done. As cloth dries during roasting, dip fat from bottom of pan to remoisten it.

Do not sear. Do not add any water to pan. Do not season outside. Do not prick skin with fork. Do not cover except with the fat-moistened cloth.

Carving Chicken: Place chicken, breast up, with legs to the right of the carver. Insert fork firmly into the breast with the left hand. Cut

and break apart the thigh joint at the body. Separate the thigh and leg at the joint. Slice two pieces off each, parallel to the bone. Disjoint the wing at the body, remove the tip and cut the wing into two pieces if large. Slice the breast crosswise of the grain. Remove cut pieces of chicken to a serving plate. Carve only half of the chicken before beginning to serve. Serve dark and light meat with dressing on each plate unless a preference is expressed. Split back and rib pieces, if served, down the center line.

A similar method is used in carving all other fowl.

There are many other ways of preparing meat. Many recipe books, which are excellent, are available.

The Latest In Vegetable Cookery

Vegetables are easily prepared and can be served alone or with other foods. The possibilities are almost limitless.

Baking, steaming and boiling are the common methods used in vegetable cookery.

Buttered, boiled, steamed or baked vegetables are generally served for dinner. Creamed and scalloped vegetables are luncheon or supper dishes.

Vegetables which have been cooked until just done are barely tender and hold their shape. Over cooking causes loss of much of the food value, and makes some vegetables strong in flavor and more difficult to digest.

Vegetables are important in keeping the body in good condition. They are rich in iron, phosphorus, vitamin A, vitamin C and riboflavin. Dried beans and peas contain large amounts of protein and vitamin B, or thiamine.

Each class of vegetable requires special attention in cooking.

Salads To Serve

"These leftover beans and carrots are too good to throw away. If I keep them cold I can serve them in a salad tomorrow.

"Mary's family never has salads because her mother thinks it takes so long to prepare them. I told her that we have them at least once a day, because they are easy to prepare, make the table attractive and the meal taste better.

"Now that Mary has joined your 4-H club, she will be more interested in cooking and perhaps learn to make salads."

The crispness, color and flavor of vegetables are best when they are fresh and raw. Many salads contain fresh raw vegetables and are an important food item because they:

1. Add color to the meal.
2. Improve the palatability of the meal.
3. Give variety to a meal.
4. Contribute much nutritive value.

Salad Principles

1. Separate the leaves and stalks of vegetables into their natural divisions. Remove inferior portions.

2. Wash fruits and vegetables carefully, especially if they are to be used raw. Otherwise, they may carry dangerous bacteria. Salted water helps to remove insects.

3. Place salad vegetables in cold water until fresh, and as soon as clean, store them in a cool place in a covered dish until time to serve. Do not leave them soaking in water.

4. Cut the salad ingredients into the desired pieces.

5. Prepare the dressing ahead of time. Serve the dressing on the salad or in separate bowl.

6. Marinate starchy foods, meat and fish, with French dressing an hour ahead of the time they are served—drain off this dressing if desired before adding the other salad dressing.

7. Combine the salad just before serving, otherwise the dressing will run and the garnish lose its freshness.

8. Mix the salad lightly, tossing the vegetables with a fork in each hand so that each piece of food is covered with dressing. The salad

General Directions for Boiling Vegetables

Vegetable	Preparation	Amount of Boiling Water	Time—(Min.) until tender
GREEN:			tips 5-10
Asparagus	whole stalks or pieces	$\frac{1}{2}$ covered	butts 15-30
Beet Greens	Whole beets plus tips	$\frac{1}{2}$ covered	15-35
Green Cabbage	Shredded-quartered	$\frac{1}{3}$ covered	6
		$\frac{1}{2}$ covered	10
Spinach	stems not removed	that which clings to leaves after washing	1-10
Green peas	shelled	$\frac{1}{3}$ — $\frac{1}{2}$ covered	15-30
String beans, young	whole	$\frac{1}{2}$ covered	25-35
RED:			
Beets, young	whole	enough to cover well	30-45
Cabbage	quartered or shredded	enough to cover well	15-20
YELLOW:			
Carrots	whole or cut in large chunks	$\frac{1}{2}$ covered	15-25
Rutabagas	whole or halved	almost covered	20-30
WHITE:			
Cauliflower	whole or separated	$\frac{1}{2}$ covered	8-10
Celery	cut up	$\frac{1}{3}$ covered	15
Onions	whole	enough to cover and cook with cover off	25-35
Parsnips	cut lengthwise	barely cover	15-30
Turnips	whole or halved	$\frac{1}{2}$ covered	10-20

Steamed Vegetables

Most vegetables may be put into a wire basket or inset pan or on a rack above rapidly boiling water to steam. When they are tender, they are removed, peeled and seasoned. The following table gives the cooking time required by some of the vegetables.

Vegetable	Time (Min.)	Vegetable	Time (Min.)
Beans, yellow wax	40-60	Potatoes, Irish	30-35
Beets, young	40-60	Potatoes, Sweet	25-30
Beets, old	2-4 hrs.	Turnips	35-45
Carrots	20-40	Squash, summer	20-30
Parsnips	30-40	Squash, winter	30-40
Onions	25-40		

After vegetables are properly cooked, they may be seasoned with butter or cream, and salt and pepper. The thing to remember is that different ways of seasoning add variety. Properly cooked vegetables are very good and add much to a meal.

must show distinct pieces and not appear mushy.

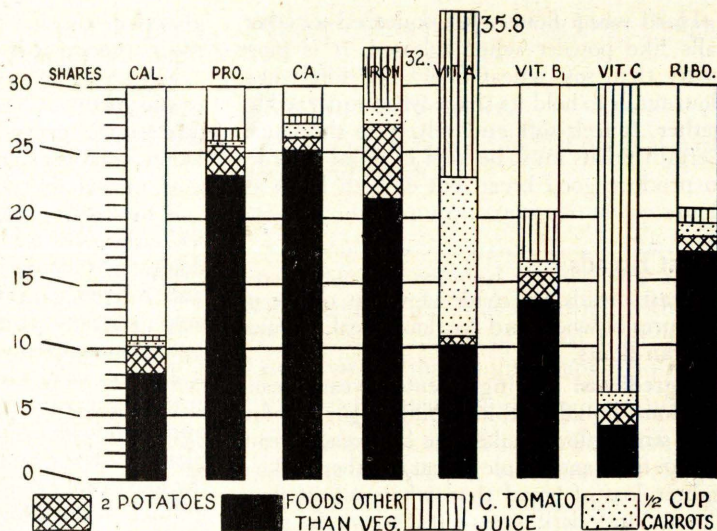
9. Place an attractive sized serving of salad neatly on lettuce and finish off with a contrasting garnish.

10. Garnishes add to the attractiveness, palatability and nutritive value of foods. A garnish must be easily prepared, simple, small,

and well placed—a dash of paprika, sprinkle of grated cheese, fine chopped parsley, cherry nuts or jelly. The salad garnish is always eaten.

11. Salads are served as the main course, an accompaniment to the main course, before or after the main course, or as a dessert. The most common way to serve salad is with the main course.

The comparative amounts of calories, protein, calcium, iron, vitamin A, vitamin B₁, vitamin C and riboflavin in potatoes, tomato juice, carrots, and foods other than vegetables are shown in the chart. Vegetables are good sources of vitamins and iron.



Our Daily Bread

Bread is served on the American table three times a day. Its food value depends upon the materials of which it is made and its palatability upon the material, the methods of mixing, and the baking.

The main ingredient is flour made of the refined inner part of the grain or of the whole grain. Wheat makes the best flour because it contains proteins which combine in the presence of moisture to form gluten which gives to wheat doughs, a texture and character unlike any other bread mixtures. The elasticity of dough is due to gluten, which expands and holds the gas bubbles given off as the yeast ferments in the dough; or as baking powder and soda react when liquid is stirred into the dry ingredients of a quick bread.

Strong and Weak Flours

Flours are strong if they have a large quantity and good quality of gluten. They are weak if the gluten is of low quantity and poor baking quality.

The nature and the amount of gluten in flour depends upon the kind of wheat from which it is made and the milling process. Most of the wheats which produce the strong flours are winter wheat which is grown between the Mississippi river and Rocky Mountains, and north and west of the Missouri river. The wheats which produce the weak flours (softer

and less glutinous) are grown between the Great Plains and the Atlantic Coast and along the Pacific ocean.

Gluten Test: Make a stiff dough ball from one-half cup of hard wheat flour and one from soft wheat flour. Use no more water than absolutely necessary. Place each ball of dough in a cloth and squeeze it in water until all of the starch is washed out and only the elastic mass remains. Compare the stretch of each ball. That of the hard wheat flour will stretch more than that of the soft wheat flour. Bake the two balls and compare the results. The ball of the hard wheat flour will be larger. It is this substance of great stretching power that makes excellent white bread possible.

All Purpose Flour is the most practical. It can be used for bread, cake and pastry. It contains a moderate amount of gluten. It is produced by blending different wheat flours, soft and hard, in the mill until the desired flour is obtained. Chemical and baking tests are used by the better equipped mills to determine the quality of the flour before it is sold.

Cake and pastry flours contain more of the soft wheat (spring wheat). According to the state law sacks of flour of 24 and 49 pounds carry a statement as to the composition of the flour similar to the following: "One hundred per cent of hard winter wheat grown in northern Minnesota and it contains not less than 12.41 percent protein."

Hard wheat flour when squeezed together, falls like powder when released. It is more gritty than soft wheat flour. The soft wheat flour tends to hold its shape when squeezed together. It feels soft and velvety to the touch. Certain points must be kept in mind in order to produce good bread out of both kinds of flours.

Yeast Breads

Yeast breads are made of wheat or rye or mixtures of wheat and rye flour, meal, oatmeal or bran flours.

Ingredients: The ingredients of yeast breads are flour, liquid, salt, leavening, sugar and fat.

A strong flour makes the best yeast bread. White flour and whole wheat together make a lighter loaf of bread than whole wheat flour alone. Most dark yeast breads contain some white flour with the whole wheat, rye or bran flour.

Yeast is a tiny cell-like plant, which in growing, produces carbon dioxide gas which stretches the dough and makes it light.

Yeast, whether in the dry, liquid, or compressed form, is equally good if prepared properly.

Any form of milk—whole, skim, dried, or evaporated, may be used in bread. Milk improves the quality and food value of the bread. If milk or potato water is used in bread, it does not dry out so quickly and keeps in better condition than when water is used.

Fat makes bread dough more tender, increases its keeping qualities, and adds to its food value.

Sugar makes the dough rise more quickly and helps to give the crust a golden brown color. It improves the flavor also.

A small amount of salt aids in the growth of the yeast. Enough salt should be used to bring out the wheat flavor. Too much fat, sugar, or salt retards the growth of the yeast. The dry yeast requires a longer time to make bread light because the plants are inactive. The compressed yeast consists of very active plants which immediately begin rapid growth when put into the dough.

Fermentation: As soon as the yeast is added to the dough, fermentation starts. Some of the starch is changed to sugar which in turn is changed to carbon dioxide gas and alcohol. The carbon dioxide gas makes the dough light. The alcohol evaporates in the baking. The

gluten of the flour is acted upon and it becomes more elastic.

Yeast produces the best bread if the dough is kept between 80 and 85 degrees. Above 95 degrees the growth of the yeast is retarded. Other organisms grow in the dough and give it an undesirable flavor.

If the room is cold the pan of bread can be set in a pan of warm water and covered. The dough may be placed near the stove where it will receive some heat. A thermometer is a help in bread making because the temperature can be more evenly maintained.

The rising of the dough should be stopped at the right point. If it rises too long before it is punched down or baked it may develop an unpleasant flavor and the gluten be injured. If the loaves are too light, the bread will be coarse grained. If the dough does not rise enough, the bread will be heavy.

The volume, appearance, and feel indicate when the dough has risen enough. When it has reached this stage, a slight depression will remain in the dough when it is touched. If it disappears quickly the dough should rise a little longer. Dough of strong gluten flour will rise to two and one-half times its volume before the test is obtained. The dough made of weak gluten flour will give the test when about double its original volume.

Steps In Making Yeast Bread

White Bread

(3½ lb. bread)

2¾ c. liquid (potato water, milk or water)

1 to 2 cakes yeast

2 T. sugar

2 tsp. salt

Note: The total amount of flour may vary depending upon the kind of liquid and condition of flour.

Straight Dough Method: Bread can be made in about four hours. If the time needs to be shortened, two to three times as much yeast can be used. Compressed yeast will give the quick action.

1. The liquid is scalded to destroy foreign bacteria and give a better flavored bread.

One-fourth of the liquid is set aside and when cooled to lukewarm the yeast is dissolved in it. The rest of the liquid while hot is poured over the fat, sugar and salt. When lukewarm the yeast mixture is added. Add about half of the flour and beat batter until large bubbles appear. This beating distributes yeast plants so that they can start feeding immediately.

mediately and this makes the dough rise much more quickly. Add enough flour to make a soft dough. Place on a floured board and knead in the rest of the flour until a stiff dough is formed that will not stick to the board and has a smooth surface.

2. The first kneading mixed the ingredients thoroughly and develops the gluten. All flour that is to be used in the dough is put in at the first mixing. If flour is added later it makes heavy streaks in the bread because it has not been acted upon by the yeast. Bran from hard wheat flour requires more kneading to develop the gluten than that from soft wheat flour. The gluten in soft wheat flour is weak and too much kneading breaks it down. When the dough becomes smooth and velvety on the outside and when an impression made with the finger springs back, it is ready for the first rising.

3. The bread is allowed to rise to double in bulk. The dough is then punched down in the center and the sides folded to the center, reducing the dough to its original volume.

4. When the dough has again doubled in bulk and light pressure leaves a dent, punch down again. The second rising gives a good texture and fine even grain to the bread.

5. Turn dough onto molding board and divide it into even portions so that each piece will fill a baking pan about half full.

Sponge Method: The dried yeast can be made into a sponge early in the morning or the night before.

The yeast cake is broken into small pieces and soaked for about 30 minutes in half a cup of scalded water cooled to lukewarm. The liquid (called for in the recipe), the yeast and half of the flour are mixed and left until they form a light frothy sponge. For a quick sponge the sugar also is mixed with the other ingredients.

The sponge is left to rise overnight at room temperature, 65 to 75 degrees or for a shorter sponge process the temperature will have to be maintained at 80 to 85 degrees—the same as for bread. When light, the salt, sugar, melted fat and rest of the flour are added.

The process from now on is the same as the straight dough method.

Characteristics of Soft Wheat Flour Dough:

1. Requires less liquid.
2. Is made a little stiffer.
3. Does not tighten up in first rising as hard wheat flour dough.
4. The dough may become soft or slack.
5. Two and three-fourths quarts of sifted soft wheat flour is required to two and three-fourths cups of liquid as compared with two and one-fourth quarts of sifted hard wheat flour to two and three-fourths cups of liquid.
6. Soft wheat flour dough rises more quickly.
7. The quality of soft wheat flour dough is improved by using a comparatively larger proportion of yeast and sugar than for hard wheat flour dough; one cake of yeast and one tablespoon of sugar for every pound loaf of bread. This is twice the amount of each for dough of hard wheat flour. Too long a fermentation period weakens the gluten of bread made of soft wheat flour.

8. Dough of soft wheat flour will not stand as much handling.

9. The bread of soft wheat flour should be baked before the loaf is doubled in bulk. If the stretch of the gluten is over-reached the bread will fall.

Ice-Box Rolls

(*Wisconsin Extension Service*)

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|-------------------------------------|---------------------|
| 1 qt. milk or potato water, scalded | |
| 1 to 2 cakes, compressed yeast | |
| 1 c. potato, mashed | 1 t. soda |
| 1 c. sugar | 1 c. butter, melted |
| 1 T. salt | 2 T. baking powder |
| 13½ to 15½ c. sifted flour | |

Cool one fourth cup of the liquid and dissolve the yeast in it. Add the potato, sugar, salt, butter, to the hot liquid. When cool, add the dissolved yeast. Sift the soda and baking powder with the flour. Add the flour and mix thoroughly. Knead until the dough is smooth. When double in bulk, make into rolls. Bake rolls when double in bulk. The dough may be kept covered a number of days in the refrigerator.

Clover leaf, parker house, tiny buns, and crusty rolls are often served for dinner.

Desserts

Lighter desserts are served at dinners because the meal is generally rich—fresh and cooked fruit, fruit juices, fruit whips, gelatin dessert, (mostly fruit) plain ice cream, and sponge cakes.

Fruit Desserts

Fruit desserts should be served often as they are one of the best kinds of desserts for all ages. Remember, we should eat two fruits daily and having fruit for a dessert helps us meet this recommendation.

Many families are quite happy with sauce and a simple cooky or bread and butter for dessert for "every day meals." This is a desirable practice and should be encouraged.

Sauce Desserts: Sauce desserts may be canned fruit, sweetened at the time it was canned or freshly cooked sauce.

There are two helpful suggestions to remember when cooking sauce. The sauce will have more flavor if too much water is not added to it. Berries need only enough water to keep them from burning or until they are slightly heated through when they become quite juicy. Less juicy fruit, like apples, peaches, and plums need half enough water to cover. The fruit will have more of a natural fresh flavor if the sugar is added as the fruit is removed from the fire.

Raw Fruit for Dessert: A crisp apple, juicy peach, four apricots, three or four plums, a banana, slice of raw pineapple, a small bunch of grapes, a sauce dish of strawberries, blackberries or raspberries make ideal desserts.

When serving fruits that require a knife for peeling, a knife may be served with the fruit.

Attractive Fruit Plates

- | | |
|-------------------------------|-----------------------------------|
| 1 red and 1 purple plum | 1 tomato, bright red |
| 3 apricots | ½ c. dried raisins |
| 1 large peach | 1 T. raisins, 3 dates, 2 figs |
| 1 banana or 1 banana and pear | 5 soaked prunes, 2 apricot halves |
| 1 apple, red | 1 wedge of cantaloupe |

The fresh, dried, or canned fruit may be served on individual plates by the mother at the table, or each one may serve himself. Fresh cooked fruits of different colors are attractive served together. The red fruits like watermelons, plums, strawberries and raspberries are attractive served with yellow fruits—peach, apricot, orange, pineapple and pear. Fruit plates are often used as appetizers and served

at the beginning of the meal.

A bright colored serving dish in contrasting color gives fruit a more festive air.

Some of the many fruit juices are orange, pineapple, grapefruit, raspberry, plum, grape, and apple. Sweet wafers, tiny cookies, sponge cake, or fruit cake are served on a plate with a glass of fruit as a dessert course.

Prune Whip:

- | | |
|------------------|-----------------|
| 1 c. prunes | 2 c. cold water |
| 3 egg whites | ½ c. sugar |
| 1 T. lemon juice | ⅛ t. salt |

Wash prunes, and soak three hours in two cups hot water and cook in same water. Add pulp after it is put through sieve. Reheat and add sugar and salt. Beat egg whites until stiff. Fold in cold prune pulp. Add lemon juice. Pile in greased dish and bake 20 minutes.

Baked Rhubarb: Select bright red rhubarb and wash. Cut into inch pieces. To one pound add three-fourths cup sugar. Bake uncovered without water. Serve with cream.

Gelatin Desserts Give More Variety

Gelatin desserts add gay color to a meal. The fruits that are combined with gelatin make the dessert very attractive.

Gelatin is an incomplete protein—that is, it cannot support the growth or repair of tissue. It is easily digested. The prepared gelatin desserts contain granulated sugar and flavoring.

Gelatin is first soaked in cold liquid, and then dissolved in hot liquid. A general proportion is: Two tablespoons of gelatin to one quart of liquid.

Fresh pineapple cannot be used in gelatin desserts because it contains an enzyme which changes gelatin. Cooked pineapple is all right.

Gelatin rules:

1. Use two or three tablespoons of granulated gelatin to one quart of liquid.
2. Soak the gelatin in one-half cup of cold water until it swells.
3. Add the hot liquid—water or fruit juice.
4. Add the sugar, chill until partly set and then add fruit.
5. Pour the gelatin into clean molds, which have been rinsed in cold water and not dried.
6. Chill.
7. Dip dish in lukewarm water, loosen upper edge with a sharp knife, invert over plate and shake gently to unmold gelatin.

Table Service

"What a pretty table!"

Have you ever said this to a friend or had someone say this to you when looking at a table you had set? Setting an attractive table can be lots of fun, and even with our everyday dishes we can have a pretty table.

Let us suppose that you are a member of a large family and there are several small children in your family. To save work, mother uses an oilcloth tablecloth instead of a cloth tablecloth for everyday. Can you have a pretty table with an oilcloth tablecloth?

Yes, you can. Perhaps mother will let you help choose the oilcloth for the table. These are the points you must remember. A white or light colored tablecloth is best, one that is dull rather than shiny will look more like a cloth tablecloth. If you choose a cloth with figures, choose one which has small rather inconspicuous figures or geometric designs, such as squares or triangles. The color of the oilcloth should blend with the color of the dishes and be a background for them. The oilcloth should hang five or six inches over the edge of the table. Paper may be pasted on the corners of the new oilcloth to help keep the corners of the cloth from cracking.

Perhaps the most important of all to remember is to be sure your tablecloth is clean before you set the table. This may mean that your first step in setting the table is to wash off the tablecloth.

Now you are ready to actually set the table. Find something lovely for a centerpiece. Maybe it is a low plant, a bowl of fruit or a vase of attractively arranged flowers. The centerpiece must be low so that people can see over it when talking to each other.

Next you place the plates. Be sure to set them one inch from the edge of the table. Then bring a small tray of knives, forks and spoons and napkins. The knife is placed on the right of the plate, cutting edge toward the plate, and the spoon, bowl up, beside the knives. The fork, tines up, is placed at the left of the plate and the napkin at the left of the fork with the open edges toward the fork. The silver, napkins, and plates are all one inch from the edge of the table and the knife and fork about an inch out from the plate. The water glass is placed at the tip of the knife or slightly to the right of it. The milk glass is placed to the right

of the water glass and in a straight line with it.

The sugar and cream are placed above mother's plate, the cups and saucers at the right of her place with a space left at the corner for the coffee or tea pot.

Place salt and pepper shakers in convenient places, spacing them uniformly. It is nicest to have one set for each two persons.

When the bowls of served food are put on the table, you will have a more orderly appearance if the meat is placed above father's plate, the potatoes to the right of his plate, the second vegetable to the left. The relish, gravy, bread and butter may be placed in a square formation around the centerpiece. The milk and water pitchers may be placed at mother's left. The dessert may be placed above each person's place. The serving spoon or fork should be placed on the table at the right of the dish with which it is to be used. An exception to this is that the serving spoons for the potatoes and cooked vegetables may be placed by father's spoons.

Often the question is asked, "Which way should food be passed at the table?" The answer is that either way is all right although passing to the right is preferred. However, the chief point is to keep passing the food in the direction in which it was started.

Tablecloth

A clean, unwrinkled cloth tablecloth does add beauty to a table. To give the appearance of body and smoothness, as well as protect the table and deaden sounds, a silence cloth should be used with the cloth tablecloth. The silence cloth is put on the table first. It should come to the edge of the table or it may hang over the edge a little distance. Commercial silence cloths are flannel covered boards or quilted pads. Frequently we make silence cloths at home using an old blanket or several thicknesses of cotton flannel.

When you put the tablecloth on the table, place it with the middle lengthwise, crease up, and exactly in the center of the table. If the cloth has been ironed with the selvedge edges turned back to the center fold, you can unfold the top half from one side of the table and the lower half from the other side of the table, and in this way put the cloth on the table skillfully and without getting more wrinkles in it.

(When ironed this way the two side creases will be inverted.) The cloth should extend over the table an equal distance at each end, and an equal distance at each side. We like to have at least a one-inch drop.

After the tablecloth is on the table, you may set the table as described in the first part of this booklet.

Many people who have tables with nicely finished surfaces use individual mats instead of a tablecloth for a part of their meals. There should be a mat in the center of the table for the centerpiece and other articles placed there.

English Style Service

Perhaps in your family father serves the plates at the table, or maybe you have been a guest where the father in that home served the plates. This is called "English Style Service" and is a gracious way of serving food.

To set the table for this style service, you do not put the plates on the table; instead you set them near the stove where they will be warm. You place the silver, napkins, glasses, cups and saucers, salt and pepper shakers, milk and water pitchers, bread, butter and relish on the table as described for family service.

The family is seated. After grace has been said, mother or an older girl in the home brings the dishes and food to the table in the following order. First the warm plates which are set in front of father, then the main dish (meat dish)—this is placed above the plates. The potatoes and cooked vegetable are brought to his left. The gravy may be placed between the main dish and the potatoes if father is to serve it. If the gravy is to be passed, it is placed a little nearer the person to father's right. The beverage is brought in next and placed at mother's left.

Father serves the plates. He does not pick up the plate as he is putting food onto it, unless he has to avoid dropping food onto the tablecloth.

Father passes the served plates to his right and tells who it is for. The first plate may be for mother, or if there are guests in the home he may wish to serve them first as an act of courtesy. A very good form is to serve the person at father's right first, the person to the right of this person second, and so on. This order is especially nice because, should there be a lady guest, she would be seated at father's right. A gentleman guest would be seated at

mother's right. While father is serving the plates, mother serves the beverages; she may serve the person to her right first and continue around the table.

The bread, butter and relish are passed at the table. Mother or father generally ask the person sitting nearest these foods to pass them. This may be done by saying, "Please help yourself to the bread and pass it."

Second helpings are given by father saying, "Let me help you to some meat and potatoes." If this person cares for a second helping, he passes his plate to father. In the same way mother serves second helpings of beverage.

When the main course has been eaten, the soiled dishes are removed from each person's place. These are removed from the left side of the person, the person removing the dishes using her left hand.

Next clear the table of all the serving dishes. No dishes, except those actually used in the dessert course, should be left on the table.

If mother has a tea cart sitting beside her (at her left), she may ask to have the soiled dishes and serving dishes passed to her. She would stack these dishes on the lower shelf of the tea cart. In this case, mother can serve the dessert by passing it, as it can be setting on the tea cart ready to be served. If the tea cart method is not used, the dessert may be served to each individual person or the serving dishes and dessert may be set in front of father and he serves it as he did the main course.

It is very easy to have a first course with the English style service. This may be a soup or fruit juice which is already served at each person's place when the family is seated. The soiled dishes from this course should be removed before the main course is served in the same manner as described for the main course dishes.

The Russian Style Service

At banquets and in hotel dining rooms a modification of the Russian style service is used. When the guests are seated, the only articles on the table are the individual covers consisting of each person's silver, napkin, water glass, and bread and butter plate. The sugar and salt and pepper shakers are also on the table. (Often at banquets, the individual salads are on the table too. This is done to save time in serving.) The bread and butter dishes are set at the tip of the fork.

After the guests are seated the food is served to each person. Individual first courses, main courses and desserts are prepared in the kitchen.

Young girls are often asked to serve at banquets, so you should learn how to do this correctly.

Serve all food, except the beverage with the left hand at the guest's left side. The beverage is served with the right hand and at the guest's right side.

The first course is served first (left hand, left side), removed (left hand, left side), and then the main course (of served plates) is served (left hand, left side). If the salad is served with the main course, it is brought in next and placed at the left of the butter plate and in a diagonal line from it. (See individual service diagrams. Diagram 2.)

The beverage is often served with the main course. Cups and saucers should be placed with the right hand on the right side, with the handle of the cup parallel to the edge of the table.

To remove the soiled dishes from the main course, remove the dinner plate first (left hand, left side) and put it in your right hand, next remove the salad plate which you put on the

dinner plate and lastly, remove the bread and butter plate. In this way, all the dishes are removed (left hand, left side), and no soiled dishes are stacked in front of the guest.

Then you refill the water glasses (right hand, right side). It is better to refill the glasses without removing them from the table.

The dessert is served next (left hand, left side), and coffee cups refilled (right hand, right side).

When serving food to others, always keep these important points in mind:

1. You do not put your hand on any part of the glass, cup or silver that will be put in the guest's mouth.

2. When carrying plates or bowls, place your thumb or fingers on the edge, not into the soup or onto the plate.

3. When removing soiled dishes, do not place your hands on any part of the dish that may have been in the guest's mouth.

4. If you must use your handkerchief while serving or handling food, wash your hands before you do another thing.

5. Do not handle your hair or rub your face while serving food. If you have to brush your hair back, wash your hands before you continue handling or serving food.

Learn To Store Food Correctly

Each food requires special treatment.

It has been said that "a wasteful woman in the home can throw out more with her teaspoon than her husband can bring in with a shovel." Storing foods according to the method best suited is a good way to cut down waste.

Storage in the Refrigerator

1. Place butter in a covered dish on the shelf next to the freezing unit.

2. Wash the outside of milk and cream bottles when they are brought into the kitchen. Place them on the shelf next to the freezing unit. Pitchers of milk or cream should be covered with a waterproof refrigerator cover.

3. Unwrap meat as soon as it is taken home from the market. Wipe it with a clean, dry cloth and place uncovered in the compartment just below the freezing unit.

Bacon is wrapped in its original wrappings of wax paper and stored in a cool part of the refrigerator.

Cooked meat should be put into a covered dish and placed in the refrigerator.

Wash poultry, wrap it loosely in waxed paper. Place in cool part of refrigerator.

Wrap fish in waxed paper, store in freezing unit or directly below it.

4. Spread peaches, pears, plums on lower shelf of refrigerator to prevent bruising. Store berries in a shallow dish on lower shelf of refrigerator. Keep ripe fruit in moist, cold compartment of refrigerator.

5. Remove spoiled leaves of lettuce, cabbage, broccoli, cauliflower or greens. Wash and place in refrigerator, vegetable pan or wrap in a damp cloth or wax paper and place in refrigerator. Root vegetables may be washed, tops removed and placed in refrigerator, vegetable pan or stored in cool ventilated place outside of refrigerator. Store frozen vegetables in freezing unit. Store cooked vegetables in covered dishes in refrigerator.

6. Place eggs in refrigerator in covered dish.
7. Store cheese in covered dish in refrigerator.

If You Have No Refrigerator

If you have no refrigerator, greater care for storing butter, cream, milk and leftover cooked food will be necessary.

Butter, milk and cream may be put in covered tin containers, which are set in a shallow pan of water. Place a wet towel over the tin container with the ends of it dipping into the water. The tea towel should be folded so that it is four thicknesses deep. As the water evaporates from the towel, the air around the tin container is cooled. By having the ends of the towel in the water, more moisture is drawn into the towel so that evaporation continues.

Best results are obtained by placing the pan with tin container, in a shady well-ventilated place.

Butter, milk or cream may be put in buckets and hung in a well or cistern or placed on the floor of a cool cellar.

Cooked left over food should be put into containers and cared for in the same way as the dairy products.

Put cured meat from which the family is using in a tin container and hang it in the well or set it on the floor of the cellar.

Pay special attention to keeping the cellar air cool and fresh during the summer. This is best accomplished by leaving the cellar door and ventilator open during cool nights, being careful to close the door by daylight.

Have good quality of eggs for home use and for sale. Do this by gathering them at the middle of the day and in the evening. Gather the eggs in a wire or well-ventilated basket. Set the basket in a cool place and 24 hours later put the eggs in the egg crate. The egg crate should be stored in the cellar while it is being filled with eggs.

Storage On the Supply Shelf

1. Some fresh fruits and vegetables store satisfactorily outside of the refrigerator if the special recommendations for each are followed.

a. **Oranges, lemons and grapefruit:** Spread out to keep in cool place. Temperature of 28 to 31 degrees chills and freezes citrus fruits and causes them to spoil rapidly.

b. **Bananas:** Let under ripe bananas ripen at room temperature, then use immediately.

c. **Apples:** Store where cool 45 to 50 degrees at room temperature; apples soften rapidly.

d. **Dried Fruits:** Store in closed jar or covered can in a cool, dry place.

e. **White Potatoes,** sweet potatoes, onions, root vegetables and squash that are to be used within a week or two, store well when the weather is cool, in a cupboard which has an outdoor outlet, or a protected box or cupboard on the back porch. Remove the tops of root vegetables, leaving not too much stem.

f. **Store** commercially canned food in a cool, dry place.

2. Cereals, cakes, spices and sugar.

a. **Store Flour,** cereals, sugars in tight containers (tin or glass preferred) to keep them dry and free from dust, insects or mice.

b. **Store Bread** in tin box or container which is scalded and aired often. Do not store it with stale or musty bread.

e. **Cakes:** If climate is humid, store cake in a ventilated box; if climate is dry, store it in a tighter box.

d. **Keep Cookies** in air-tight cans or boxes.

Storage in Basement or Cellar

Home Canned Food keeps best in places that are cool, dry and well-ventilated. Food canned in glass should be stored in a dark place to keep it from fading in color.

Store Vegetables for winter use, fresh, whenever possible. This is the cheapest and easiest way to preserve them and when satisfactorily done, their flavor is best.

Potatoes that are to be stored should be dug carefully to avoid injuries. If the ground is dry, the potatoes will be cleaner. Dig them in evenings or on cloudy days to avoid sun scalding them. Place the freshly dug potatoes in a place where the temperature is 60 degrees and the atmosphere moist, for a period of two weeks to help heal bruises and prevent decay. Then store them in a dark place at 35 to 40 degrees and moist atmosphere.

Tomatoes that are still green at frost time may be ripened on the vine by pulling the vine and hanging it by its roots to the ceiling of the cellar.

Salsify, Parsnips, Horseradish, and Vegetable Oysters are not injured by freezing. Those vegetables may be left in the ground until spring. If some are wanted for winter use, it is best to dig them and pile them on the surface of the ground and cover with only a thin covering of soil. They are then more readily available than those frozen solidly in the earth. Too much freezing and thawing destroys them. Freeze them solid until you are ready to use them.

When bean pods become ripe, gather them and spread them in a warm place until thoroughly dry. Shell, place in bags and hang them in a cool, dry, airy place. If thoroughly dried, they may be stored in cans or jars.

To prevent weavils developing in dried beans and peas, spread them in a thin layer in a baking pan and place in the oven at a temperature of 130 to 140 degrees for 20 to 30 minutes.

Successful storage for relatively long periods of fresh vegetables depends upon having the right temperature, humidity and air circulation.

Beets, carrots, rutabagas, parsnips, salsify and turnips that are to be stored, should be harvested before they become woody and strong. Leave one inch of top on the root. Place the vegetable in a cool, moist place with little air circulation. They store successfully in tightly covered boxes or crocks or packed in sand and place in the basement or cellar. To pack in sand, place two to three inches of slightly moist sand in the bottom of the box, then put in layer of roots, placing them so they do not touch, add more sand and more roots until the box is filled.

Store late cabbage and kohlrabi in deep slatted shelves in the same room with the root vegetable.

Pumpkins and squash should be well ripened and cured before then or stored when fully ripe; it is easy to puncture these vegetables near the stem with the thumb nail. Harden their shell by placing them in a warm place for several days, then place them on shelves in the cellar, as these vegetables need good air circulation. Do not carry them by the stem as it may lose it, allowing bacteria to enter which would cause the vegetable to rot.

When onions topple over and the necks are dry, the onion is ripe. They should be pulled, spread out in an airy shed or tied to the ceiling of the storage shed in bunches until the tops are dried. Remove the tops, leaving stems one and a half inches, and spread them out in a dry cool place. Onions keep well for two months as that is the length of their normal resting place. Then they must be placed where the temperature is close to freezing to keep them from sprouting.

Helpful Hints

Do not place bananas in a draft nor near frosted windows as bananas turn dark and lose flavor when chilled.

Oranges keep best if dry and wrapped.

Wilted asparagus may be freshened by standing the butts for a few hours in about one-half inch of cold water. Be sure to keep the tips dry.

Freshen withered cabbage by placing head down in a pan containing one teaspoon soda (or salt) to a gallon of water.

Wilted carrots become firmer if submerged in cold water for several hours.

Revive wilted celery by standing the butts in one inch of cold water.

Slightly frozen lettuce is usable if thawed out by immersing it in ice water.

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